

Everything Chickpea Crackers



Chickpea flour shines in these crunchy, flavourful homemade crackers. Packed with fibre and protein, it pairs perfectly with nutritional yeast and everything bagel seasoning for a snack that's both delicious and nutritious. Serve with our [Greek yogurt Ranch Dip](#) for a perfect blend of taste and health.

Preparation 3 min

Cooking 15 min

Waiting 25 min

Servings 5

Nutrition Facts (per serving)

Calories 130

Fat 3

Carbohydrates 15

Fibre 4

Protein 5

Sodium 200

Ingredients

- 180 ml ($\frac{3}{4}$ cup) chickpea flour
- 30 ml (2 tbsp) everything bagel seasoning
- 30 ml (2 tbsp) ground flaxseeds
- 30 ml (2 tbsp) nutritional yeast

- 1 ml (¼ tsp) salt
- 160 ml (? cup) water

Preparation

1. In a medium bowl, mix all the ingredients except the water.
2. Gradually add the water, stirring until the mixture is smooth. Let it rest for 15 minutes.
3. Preheat the oven to 350 °F (180 °C) and line a baking sheet with a silicone baking mat.
4. Spread the dough thinly on the baking sheet using a spoon.
5. Bake for 15 minutes, then cut into your desired cracker shapes.
6. Return to the oven for another 8 to 12 minutes, checking after 8 minutes to prevent over-browning.
7. Allow the crackers to cool completely before separating them.

Notes

Store in an airtight container at room temperature for up to 1 month.

Nutritional yeast can be omitted and replaced with an additional tablespoon of sesame seeds. However, the crackers will have a less cheesy flavour.

You can use parchment paper as a substitute for a silicone baking mat.



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